

FUNCTIONAL TRAINING

Challenge yourself in our B ACTIVE FUNCTIONAL TRAINING program. These 45-minute classes are sure to raise your heart rate!

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------|------------|-----------|------------|---------|------------|
| 6:00AM | FUNCTIONAL | AEROBIC | STRENGTH | FUNCTIONAL | AEROBIC | |
| 7:30AM | | | | | | FUNCTIONAL |
| 9:30AM | FUNCTIONAL | AEROBIC | STRENGTH | FUNCTIONAL | AEROBIC | |
| 4:30PM | | FUNCTIONAL | AEROBIC | STRENGTH | | |
| 5:30PM | STRENGTH | FUNCTIONAL | AEROBIC | STRENGTH | | |
| 6:30PM | STRENGTH | | | | | |



BOOK YOUR SPOT THROUGH THE ACTIVE WORLD APP!

Download the app the login or sign up
For class schedules and more, visit our group fitatness timetable. For assistance, complete an enquiry form on our contact page
<https://www.loftusrecreationcentre.com.au/contact-us/get-in-touch>

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STRENGTH

A full body resistance training class that will help with overall muscular strength & muscular endurance

FUNCTIONAL

A mixture of bodyweight functional movements & equipment that will help you improve mobility and tone

AEROBIC

A class that will get your heart pumping for longer durations of work time, this class will help you increase your overall cardiovascular fitness



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